RIZE WINNERS ANNOUNCED TODAY—GROUCHY OLD MAID A RARA AVIS—MY MARRIED LIFE

Mrs. G. E. Swank, 5333 Chestnut street. Mrs. Andrew Douglas Jamison, Lianerch. Miss Margaret Morgan, 412 South Fifteer

Miss Eugenia L. Powers, 1846 Green atreet, Mrs. Robert F. Lange, 2124 North Nineteent

THE SPINSTER CONSIDERED FROM A DIFFERENT ANGLE

Sympathy Wasted in "Wondering Why She Never Married," When She Doesn't Feel at All Pathetic About Herself-The British Premier and Suffrage

SEVERAL girls were extolling the virtues of another and I waited for the inevitable "She's so nice, I wonder why she never married," which, after it was duly delivered, brought forth several other expressions of near-sympathy. I knew the girl they were discussing, and I couldn't help wondering what she would have thought-and said-if she knew what was being said about her.

When a woman reaches forty and b not hopelessly unattractive, people always past-tense her by "wondering why she never married."

As though her life were totally wasted Her married acquaintances never for a moment consider that she is not feeling one bit sorry for herself; that, on the contrary, knowing some of them, she is well content with her lot.

I have a great many married friends and acquaintances, and at luncheons or bridges, where there is always more or less "inty" talk, I am so frequently im pressed with their discontented attitude toward life.

While, on the other hand, although my experience may prove the exception, the majority of unmarried women I know are fairly happy and contented. Of course, there are disgruntled "old maids." There always will be. But the successful busi ness woman or the woman who has done more than play a butterfly role is usually interesting-and interested, not boredwith the world.

But the butterfly type-Is there any thing more pathetic than the debutanteof-many-seasons-past, striving to hide from herself the fact that she is no longer a gay young thing? It is women like or girls they would prefer to be called-who have never attempted to do anything but be social ornaments, who are sensitive of their age, who touch up effective. their hair when it turns color, and who make themselves generally ridiculous by their simpering schoolgirl airs.

So, when you express sympathy for a woman because she has never married. words, "Votes for Women."

2. When should salt be added to a milk dish,

1. If apples are cored before being pared bey will keep their shape.

2. A small quantity of cold water added to

3. When sulpoing off the stem ends of cut flowers a long stanting cut should be made to allow a greater surface for the water.

Ways of Cooking Hominy

Dear Madam—How should hominy be runded a vegetable, as a dessert or as a cereal (Mrs. 1 A. H.

Hominy may be cooked either as a vege-

table or a cereal. I have never heard of any successful dessert recipe, but if any reader knows of a dessert in which hominy

As a cereal hominy is prepared by soaking over night and in the morning covering with slightly saited boiling water and cooking for an hour. Hominy cakes may be easily made by adding to some hot boiled hominy which has been left over the beaten work of an egg, a pinch of sait enumber.

yolk of an egg. a pinch of sait, enough

white of the egg and baking on flat tins in

a slow oven. Cold hominy can also be util-ized in making fritters. To two cups of it

add a tablespoon melted butter, thin out with warm milk, add three well-beated eggs, then a cup of flour sifted with half a tea-

on baking powder and a little salt.

Stewed Tripe and

To the Editor of Woman's Page;

Dear Madam—Will you please let me know how to make tripe and costers to serve to about six persons? I have made it, but it was such a persons? I have made it, but it was such a persons. I always read the householdens time ago. I always read the householdens in your paper and like them very much. Technology of three dozen three dozen.

Strain the liquor from three dozen oysters, bring it to a boil, then drop in the oysters, cook one minute and drain. Put cold boiled tripe on with enough water to

cover it and simmer, for three-quarters of an hour, then drain and drop into a pint of fresh scalded milk in a double boiler. Cook for fifteen minutes, thicken with two tea-

spoons each flour and butter rubbed to a paste and stir until it thickens. Season. then add the oysters; cook until heater through, stir in one beaten egg, remove at

Scotch Woodcock

Dear Madam—Can you give me a recipe for Scotch woodcock?

Make a creamy white sauce of one table-poon flour and one of butter, blended with

apoon flour and one of butter, blended with a cup of milk, and salt to taste. Add six hard-bolled eggs chopped fine, a dash of cayenne, a little mustard and three table-

spoons bloater paste, deviled ham or minced

Pernicious Habit

To the Editor of Woman's Page:

Stewed Tripe and Oysters

it out and the stiffly beaten

is used I should like to hear from her.

batter will make the waffles brown.

3. How can scorch be removed from linen?

before or after removing from stove?

THE WOMAN'S EXCHANGE

the paper and signed with the name of the writer. Special queries like those often

below are invited. It is understood that the editor does not necessarily indorse the

sentiments expressed. All communications for this department should be addressed

TODAY'S INQUIRIES

1. How can the discoloration of old potatoes | 1. How can a mustard plaster be made so prevented in boiling them?

ANSWERS TO YESTERDAY'S INQUIRIES

as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

Letters and questions submitted to this department must be written on one side at



The brim of this hat is very much cut up-in fact, in four places. At the middle of the front, back and sides.

tentioned but often misdirected pity.

TO ILLUSTRATE the resourcefulness of a woman in gaining her ends, Sir Herbert Beerbohm Tree at a luncheon given in his honor during his stay here, told the following which, with the suffrage bazaar in full swing, is particularly

ning, and his dinner companion, who knew him very well, noticing that he did not partake of a particularly delicious dish, ventured to ask him if he were ill He replied that he was suffering from in

The lady declared she knew a "sure cure," and obtained his promise to use it if she sent it to him. On its arrival next morning the "cure" proved to be a plaster, and true to his word Lloyd George applied it where it would be most

burned the Premierial chest so intensely that in rage he tore it off, only to find to his horror that plainly visible were the

2. When using the right hand to convey food to the mouth what should be the position of the left hand?

3. Is it proper to allow one's spoon to remain

I. A gift may be sent to a bride at any time

year a train with a wedding gown when a veil

3. It is not correct to ask for a second portion

Wedding Anniversaries

The first wedding anniversary is the cot

ton one, and you can make quite a unique decoration for your table center by procuring

one or two branches of the cotton plant an

placing them in a vase. Then buy a sheet of cotton batting and cut out place plate

foilies, tumbler doilies and centerpieces of

about the table and place the cotton dollies under your bon-bon and nut dishes which are used to decorate the table. Around the

vase which holds the cotton sprays bank a small snow hill of cotton and have various

sized cutton spools strung together for

wheels under a pasteboard top, cushloned with a layer of cotton batting coasting down the hill. Little cotton men and women

For your menu I would suggest blue point cocktail, cream of pea soup, with croutons; filet of beef, served with brown

tiny button mushrooms, green peas and potato balls; apple, celery and nut salad.

ream cheese and hard crackers, messelrods

pudding and sauce, cakes, bon-bons and nuts and coffee in small cups. If you want

mething less claborate this might do

Trapefruit, garnished with maraschino cher

ries; clear soup, with alphabet noodles; lamb chops, breaded, spinach and rice

gravy, in which are Spanish peppers an

this material. Scatter balls of

the hill. Little cot might ride on them.

is worn it is much more usual to do so, as the

WOMEN'S BRIGHT IDEAS WIN \$100

Choice of Competitors in Evening Ledger Contest Made With Difficulty

MRS. VAN HAAGAN FIRST

Prize Winning Letters Woman's Page Contest

FIRST PRIZE, \$50-Mrs. Jean Robertson Van Haagan, 17 Dut-ton street, Ridley Park. SECOND PRIZE, \$30-Miss Anna N. Frantz, 121 North Eighteenth

THIRD PRIZE, \$20-Mrs. Edward S. Lantz, 1821 North Camac street.

The selection of the three prize winners in the contest for suggestions for improvement of the Woman's Page of the EVENING LEDGER has been completed, and the checks, amounting to \$100, go out today to the three women whose names appear above.

Finding the best letter has been a ber culean task. Hundreds of letters from elever Philadelphia women and women in all parts of this State and many other States, from as far west as Iowa and as far north as Connecticut, have been flooding the office since the announcement of the opening of the contest on January 29. The close of the contest Pebruary 17 did not bring the arrival of letters to a stop, but no letters received since midnight of that day were considered.

Philadelphia women sent hundreds of good suggestions. Many of them will be used by the editors. The three winning letters will be published. The first prize letter, for which the writer receives \$50, appears to-iny. The second prize letter will be printed Monday and teh third prize winner will appear in Leroces. in Tuesday issues of the Evening

From time to time other letters with valuable suggestions will be printed. All used by the Evening Ledura will be paid for at customary rates.

There were scores of letters which were

so good that they deserve special mention. Many of them contained one or two valuable suggestions, but did not come up to the prize winners in number of suggestions nd practicability of those given.

Haagan, is the wife of a Pennsylvania Rail oad man. Her prize winning letter fol

FIRST PRIZE LETTER By JEAN R. VAN HAAGAN

From observations, I should conclude that

he two aims of your department are use-uiness and amusement or enjoyment. With hese in mind, I would make the following First, as a young mother, any information

most helpful and interesting, such as articles on the general care of the health of the child, on the one hand, and on suitable as well as pretty clothes, on the other Somehow, children's wardrobes are much neglected from a point of view of suitability and originality. One can pick up a news-paper of almost any issue with new afternoon or evening frocks or accessories for a grown-up woman, but the wes tots' garents so displayed are few and far be tween. As for the general care of a child's health, including the items of food neces-sary and beneficial at the different stages such intelligent information would be a boon indeed to a world of mothers unceasing in their efforts to be more efficient in

heir calling.
Again, since most of us are "home keepers" in one way or another, as either wives or sisters, a few articles on the different economics in this sphere would be appreciated. Economies of time, of labor materials. The servant problem being of large concern to most of us, marketing hints or recipes for cooking inexpensive food attractively and nourishingly would save no end of our perplexities and concerns. One of the most useful-deas might be a column on "Discoveries"—little short cuts in daily routine or in mending or making clothes or modeling new ones, etc. For instance, I happen to be making my small daughter some little smocks. I wished I had time to embroider neat little collars and uffs, when I thought of the little bibs she had two years ago. When turned around so that the large part came in back, these made charming collars. Then all that re-mained for me to do was a little embroidery on the cuffs and behold! with a little time and the use of the old articles of no use their original form. I had six pretty dresses, ideas of this sort save many hours for the overweary and hard-presse

The part of your page devoted to inquirtes is similarly helpful and I've doubt means much to more persons than

A department or subdepartment under A department or subdepartment under this page might be on ducation. Somehow parents are thinking and investigating this phase of endeaver more now than ever be-fore. We're realizing that mis-education and undereducation are two of the big-gest handleaps to the youth of today. There is at present a move on foot to discard the use of Latin and Greek and to substitute more manual work. Just what effect this would have is, of course, prob-lematical, but it deserves lengthy and wise

chought as well as wide discussion.

Any information of the various helpful and original things that are being done in

tlement center would write a daily or weekly letter to children of comfortably off families, telling them of the great pleasure children get from so little and what undergo, etc., it would mear

PRIZE WINNERS AND HONOR-

ABLE MENTION Miss Frantz, winder of the second prize, in to the first of the month was connected with the division of housing and sanitation

with the division of housing and sanitation at the City Hall. She is a graduate of the Illinois Normal School at Bloomington, Ill.

Mrs. Lantz, the third prize winner, is the

croquettes, vegetable salad (string beans, diced beats and carrots and peas), with mayonnaise. Swiss cheese and saltines; nocolate eclairs, candies, nuts, after-dinner Send your invitations on plain white note re becoming unwholesomely self-centered. Suggestions, then, on: paper. If you do not want to write the usual formal Mr. and Mrs. _____, etc., try Child welfare.

Food.

HAAGAN).

from time to time are:

Clothes.

Our cotton wedding. Note the date. And dine with us that night at eight. The care of our homes. Discoveries (in any realm), Fix hour and day well in your pate. March 3, 1916—March 3, 1917. Education. Civic or community interests. Settlement work. would be enthusiastically received by ost of women. Sincerely yours, EAN ROBERTSON (Mrs. H. H. VAN

JEAN

For a Party of Thirty

Lansdowne, Pa. Please come and help us celebrate

a lingle something like this:

To the Editor of Waman's Page:

Dear Madam—Will you kindly advise me how to arrange for a twentieth anniversary party for about thirty persons? What would you suggest for favors and decorations? Also, what games he suitable? Perhaps you would be increased a couple of menus which would be increased. Dear Madam—Can you tell me whether savage men spit, or is it only a habit of civilized menor, worse still, only a habit of civilized menor, worse still, only a habit of american men? Tou rarely see women expectorate, but everywhere you go here in Philadelphia you can see menother sometimes look around slyly before they are smilty, but more often without any adoapt on the showalis.

I am employed in one of the large department efforts at Eighth and Market streets, and the firm has notices posted in all places out, pen to the public—but not in sunnecessary there—within spitting in them guilty of this act, with the same of them guilty of this act, with the same of them guilty of this act, with the same of the huyers and their assistants with the same one to be public, though they into careful not to let the public see Elevator men spit down the elevator fits, both passenger and freight; stockmen, were clerks, everywhere in this big store you may spitting, spitting, spitting—not all of the post of the loth passenger and freight; stockmen, were clerks, everywhere in this big store you may spiting, spitting—not all of the post avery large formation; the menton of the higher that it is the post of the higher that it is not a very large formation; the menton of the higher that it is not a very large formation; the spitting—not all of the post of the rights of their verkers as to treat this her their verkers as to treat this first or desired the rights of their verkers as to treat the higher than the source of the more from this balls.

Read the menus suggested in the answer to "Mrs. F. F." preceding your letter. If you want something less expensive even than the last suggested, why not have buffet supper, serving chicken salad, cold ham, ices and cakes, or ham, potato salad. cheese, crackers, ices and cakes. twentieth anniversary is the china wedding, so the table can be easily arranged with pretty china and finen. If possible, place a china vase in the center for decoration and use china bon-bon dishes in preference to cut glass. Spring flowers and plenty of ferns make a table very pretty at this time of year. Little china kewpies with wide, colored sashes, would make cute favors, or tiny china ornaments, which may be found at the favor counters in department stores.

at the favor counters in department stores. For games why not arrange a number of card tables and plan for a different game at each? Make it progressive, so that each guest plays each game once. At one table have loto, at another checkers, another parcheezi, still another for tiddledee winks and other foolish games which are a source of fun. Give each guest a tally card, and to the one will wins most games give a prince one will wins most games give a prince of chinal, and give a consola-More, Md.
William L. Werner, Pottsville,
James W. Shipe, Bristol,
Mrs. Grace M. Dunham, 290 West Hainer Helen M. Sasse. Wilmington. Del.
Helen M. Sasse. Wilmington. Del.
Mrs. Martha Elliott/ Atlantic City.
S. A. Lukens. Haddonfeld. N. J.
A. Gertrude Masters. Bryn. Mawr.
Mrs. Asmas E. Stone. Cynwyd. Pa.
Mrs. K. Nafabarth. Ps.
Reso Deterty. Stat Thomas arman.

reet.
Mrs. Alice E. Hibbs, 6733 Torresdale avenue.
Mrs. E. M. Carr, Idlewood, N. J.
Annie M. M. Lindley, 2844 Solly avenue. Holmesburg.

M. Lindley, 2844 Solly avenus
Julia Flasat, Bala, Pa,
Mrs. J. A. White, 3256 Chestnut street,
Wynne May Gerou, 1840 Page etreet,
W. G. Beatty, 322 Earlham Terrace,
Eliza McKesan Towanda,
Mrs. Margaret A. Frick, 3232 North Sevensenth street,
Mrs. W. C. Moors, 2437 South Biss.

senth street.
Mrs. W. C. Moors. 2457 South Sixteenth street.
Madeline Groshens. Roslyn. Pa.
Lillian M. Carr. 916 South Alden street.
M. E. Richards. Lansford.
Mrs. John Gorman. 5927 Summer street.
J. M. Hill. 10% North Pennsylvania avenus. tiantle City, Mrs. G. Peterson, 2006 Diamond street. Mrs. Annie Miller, 2027 North Graiz street. Lottle L. Stinney, 161 Carpenter street. Miss Margaret A. Frank, 918 West Sedgwick

treet.
Ella J. Hayes, 637 North Twenty second street.
Ella J. Roble. Glenside, Pa.
Eleanor A. Noble. Glenside, Pa.
Miss G. N. Edwards, 1800 Arch street.
Mrs. H. Karfunkle, 2800 North Thirtieth street.
Mrs. F. E. Collins, Comshohocken.
Eleanor C. Haley, 5825 Springfield avenue.
Mrs. E. S. High, 646 North Seventh street.
lientown.

Mrs. E. S. High, 646 North Seventh street, itertown, iterative, ite

Mrs. G. C. McQueen, 82d West street, Wil-ington, Del. Mildred R. Allison, 170 Roseville avenue William A. Hayes, 637 North Twenty second Mary E. Reutter, Duncannon, Pa. Mrs R. W. Sweet, P. O. Box 245, Glen

de. Pa.
Dorothy Colby, 4122 Girard avenue.
Martha Hunter, Swarthmore, Pa.
Mrs. O. M. Glege, 5732 De Lancey street,
Della S. Snaulding, 1833 North Twofth street,
Mrs. F. Stoate, 520 East Wainut street,
Mrs. J. S. Helm, Crasson, Pa.
Stephante S. Burrell, 404 Gowan avenue,
Mrs. T. R. Gretzmacher, 2018 South Sixty-

Charles E. Robinson, Alden, Delawars Pa. B. Stovell, 1999, C. ounty. Pa.
Jaura H. Stovell. 4229 Regent street.
Mrs J. C. Kleinschroth. 2314 Tulip street.
Lens O'Keefe. Waterloo. Is
Viola Hanley. 516 South Fifty-ninth street.
Mrs M. D. Griffith. 1836 Spruce street.
Mrs. J. F. Wright. 34 North Fourth street.
Mrs. J. F. Wright. 34 North Fourth street.

t. N. I. Tissot, Bain, arine G. Tissot, Bain, arine G. Jenner, Farmington, Conn. Edward D. Jenner, Waterlon, In. Frank Shoeley, Waterlon, In. Page, 1804 Spruce street, P. W. Graves, 2317 South Twenty-first Mabel L. Batten, Woodbury, N. J. William F. Krikel, 5712 Catherine

William F. Stike, 512 Catalyine
S. E. Haudenbush, Lawndale,
William Hooth, 5721 Hunter street,
C. F. Michener, 4528 Regent Street,
lie Donchuwer, 106 North Fiftieth street,
lie Son Keefe, Bain,
la Keefel Bain,
la Kendall, 300 Honey avenue,
latier Duling 1046 Catharine street,
J. F. Archibler, 2529 Baneroft street,
Duling 2032 South Third street,
T. P. Clayton, 4207 Chester avenue,
lie S. Le Gates, 2013 South Sixtein

Olive Anderson, 16 South Thirty-seventh Mrs. J. D. Baum, 3512 North Twenty-third

et.
Ross. 135 Fairmount avanue.
Iss Gertrude Morris, Atlantic City, N. J.
Iss Mac E. Smith, 1126 Walnut street.
Iss Mac E. Smith, 1126 Walnut street.
Iss Mac E. Howard Walker. 2146 North Thirtynd street. l street.

Richman, 2531 North Warnock, street.
Richman, 2534 North Twelfth street.
Prances P. Rosers, theverly, N. J.
barine A. Kelly. 362 Green land.
Mary E. Myers, 1212 North Forty-fourth

Mary E. Leonard, 1915 South Twelfth street, Mrs. M. Penrose, 29 Pouth Orlanna street, Samuel Hispham, 253s bocust street, William Carpenter Aldan, Mrs. Helgu P. Fernow 3310 North Smedley reet. Eugene S. Kneedler, North Glenside, Pa. la B. Lyman, Chicago, III. A. C. Minthorne, 735 North Second

Francis A. Penrose, 34 South Third street. Mrs. Ira W. Cady, 1609 Mt. Vernon atreet. Julia M. Saller, 5019 Chancellor atreet. Mrs. Heward Hise, 850 Schiller street. Mrs. Marion Cotton, 2227 North Twenty-first reet.

Mrs. Marion Cotton.

Mrs. Shuhan, 2832 Fitzwater street.

J. Shuhan, 2832 Fitzwater street.

Mrs. D. R. Greenwood, 3443 Ridge svenue.

Mrs. Robert H. Elliott, 4930 Walton avenue.

Frank Lojacona, 4623 Penn street.

Bracken Bluck, 200 Narth Fourth street.

Anna G. Elkinton, 11 Athena avenue, Ard.

Mrs. William Munster. 128 Slocum street. Party Fort. Blanche Weinsheimer, 447 Walnut street, Al-

Mrs. Mary R. Tier, 149 West Third street, Mt. Mrs. T. Hood, 1739 North Eighth street, Mrs. Elizabeth Donobus, 303 North Sev Kathryne Elliott, 3338 North Grazt street, Mrs. William M. Kelly, 513 East Leveringto

Mrs. Aunis M. Jones, 5405 Angora terrace Edwena Isawrence Davis, 318 South B

reet. R. Olhele, 301 West Olney avenue. Mrs. Elizabeth O'Brien. 2524 South Sixty Mrs. J. P. Casasaid, Maple Shade, Pa. Mrs. William V. MacBride, 2341 North Albie

treet.
Mrs. Warren Nagie, Pottstown.
Mrs. James Weidman, Portland.
Ames Blook, Readins.
Ellis Frederick Hang, 4422 Osage
Potterick Hang, 4422 Osage avenue,
Frank G. Campbell, Sharon Hill.
A. M. Levans, Moorestown, N. J.
Frenc Clement, Haddonteld, N. J.
Carrie Y. France, 4814 Hazel avenue,
Mrs. L. E. Kaldenbacher, 4500 North Car
Mrs. L. E. Kaldenbacher, 4500 North Car

Mrs. L. E. Kamenascar, treet.
Katherine Lightner, Huntingdon.
Thomas Black Reading.
Lillie White Phillips, 5554 Pine street.
M. Magee, Camdeo, N. J.
Mrs. John A. Maher, 5512 Wallout street.
Miss Virginia Peddrick, Merchantville, N. J.
Mrs. A. G. Hatren, 935 Jackson street.
Mrs. Arthur E. Hale, Ardmore.
Mrs. H. M. Taylor, 456 Walnut lang.
Jessle Goldstein, 448 Leidy avenue.
Mrs. M. Logue, 5526 Poplar street.
Mrs. E. R. Young, 1617 Green, street.
Elizabeth Carpenter, 113 South Twenty-secondays.

Mrs. Ethel M. Corcoran, 3641 North Twenty G. L. Woodburn, 5816 North Park Avenue. Mrs. Elizabeth Kennedy, 1325 Atlantic Mrs. H. D. White, 1521 North Twenty-eighth Blanche M. Broderick, 422 South Fifty-second

Jacob Heyd, Pelton, Del.

Jacob Heyd, Pelton, Del.

Jacob Heyd, Wardell, Pocomoke City, Md.

Jacob Ella M. Wardell, Pocomoke City, Md.

Jacob Hall, Pocomoke City, Md.

Jacob Hall, State College, Pa.

Jacob Hall, State College, Pa.

Jacob Hall, Elkins Park, Pa.

Mrs. Caroline J. Coutier, 5219 Catharine

reet.
Helen C. Dyer, 4224 Pennsgrove street.
Sarah Feldman, 1426 South Third street.
Miss Olive Johnson, 229 Montana street.
Miss Annie M. Long, 419 Pine street.
Regins C. Gorman, 1729 North Eighteenth

rest.
John Vincent Brown, Millville, N. J.
Mrs. Joseph G. Graves, Sewell, N. J.
Cora J. Sheppard, Shiloh, N. Walnut street
Mrs. E. R. Schaeffer, 4107 Walnut street
Mrs. Bertha Holt, Seventieth street and Lanswire avenue. M. R. Maxwell 901 South Forty-eighth street, Mrs. E. J. Oberhuber, 1114 South Twenty-scond street. Mrs. Jeanette M. Sieb. Box 307. Lakewood.

J. George S. Irons, Reading, Pa. Mrs. Laura Austin, Delanco, N. J. Miss Ruth E. Price, West Cifester, Pa. Mrs. P. L. Clay, 1718 Wallace street, Helen Phillips, Trenton, N. J. Virginia McLeod, Berwyn, N. J.

THE CHEERFUL CHERUB

My best friend loves wife of a National Biscuit salesman.

Among the letters which deserve special mention and some of which will be printed my sweetheart now gave her up at his behest. Mrs. James Bickley, 2822 Aramingo avenue.
Mrs. L. J. Dee, 2023 South Simpson street.
Mrs. Ls. J. Dee, 2023 South Simpson street.
Mrs. Margaret W. Brown, Swedesboro, N. J.
Emrics W. Foster, Narberth, Pa.
Irene Paget Solomon, 1001 Pine street.
Mrs. M. M. Stafford, Vineland, N. J.
Mrs. E. W. Ewing, Norwood,
Anna T. Harding, 4668 Penn street. Frankford,
Miss Eva M. Rigelhaupt, Roxborough,
Mrs. J. W. Dallam, 4550 Baltimore avenue,
Mrs. F. S. Jenkins, 300 Mather street. Haltinors, Md.
Williem L. Werner, Pottaville. I'd give up all for friendships sake-Besides she said she liked him best. W.J.Cvuni

EXERCISE BEST AID IN

BY LUCREZIA BORI



Morning exercise brings real roses to the cheeks.

the proper amount of exercise in taken daily.

Women are prone to grow weary of devoting so much energy to the care of their bodies. The temptation is often very strong to tumble into bed without brushing the face and neck with skin food. hard, sometimes, to devote the first minutes of waking to exercise. But it is absolutely necessary to follow this routine of physical care if you are to preserve the good looks you already possess or correct your defects. Exercise is, by far, the most important of all these daily duties. It keeps the body of all these daily duties. It keeps the loady
'toned up," healthy and stored with energy.

If you can devote but a half hour of each
day to the improvement of your personal
appearance let it be spent in exercising.

Morning is the best time to exercise, but

strengthen the underlying muscles. f their pleasant features is that they can e practiced in bed. First, lie perfectly flat, without a pillow and stretch every muscle of your neck, arms, body and limbs as much as you can,

Relax and stretch again. Repeat this Stretching movement at least ten times.
Then place a small pillow under shoulders and stretch your head back as far as possible. This movement will not far as possible. This movement will not only preserve the contour of the neck and throat, but the muscles of the chest and

abdomen will be strengthened and their elasticity increased. Lift your head with-out moving your body and bring it as far

DIARY OF A WELL-DRESSED GIRL

A dainty blouse of white voile.

THERE is one rule in dress that has to be

remembered if one has a limited amount to spend on clothes. This is not to allow the wardrobe to run too low so that every-thing has to be bought at once. As quick-

ly as one blouse or frock wears out or be-comes hopelessly out of date I try to re-place it with another.

A couple of weeks ago my pretty French

blouse of hand-embroidered batiste came out of the laundry "all tattered and torn." It was the best-looking lingeric blouse of hand-embroidered batiste came

owned, and, of course, the most expensive

owned and afford to buy another of the same type, so I decided to make one.

I found out the finest quality of French

ite is a favorite material at present for

making tub blouses, so I chose it instead of handkerchief linen, batiste or organdie.

daintiest chemisette of volle elaborately hand-embroidered and priced low enough

for me to consider buying it. I figured out how it could be used in combination with

Shall I, Wasting in Despair | Instructors Attend

Then at the neckwear counter I

the voile to make a blouse.

Shall I, wasting in despair;

Die because a woman's fair?

'Cause another's rosy are?

If she be not so to me,

'Cause I see a woman kind?

Or a well-disposed nature

He she meeker, kinder than

If she be not so to me.

Me to perish for her love?

Shall a woman's virtues move

Or her well-deservings, known

Make me quite forget my own?

Be she with that goodness blest

If she be not such to me.

Which may gain her name of best,

What care I how good she be?

Cause her fortune seems too high.
Shall I play the fool and die?
Those that bear a noble mind.
Where they want of riches find.
Think what with them they would do
That without them dare to woo;
And unless that mind I see.
What care I how great she be?

Great or good or kind or fair,
I will ne'er the more despair;
If she loves me, this believe.
I will die sre she shall grieve:
If she slight me when I woo.
I can scorn and let her go;
For if she be not for me,
What care I for whom she h

What care I how kind she be?

Turtle-dove or pelican,

Joined with a lovely feature?

Be she fairer than the day,

Or the flow'ry meads in May,

Or make pale my cheeks with care

What care I how fair she be

Should my heart be griev'd or pain'd

MY MARRIED LIFE By ADELE GARRISON

JACK'S eyes as he met mine were trou-bled, his face grave and set. I knew the gay bit of pretense I had thrown Mrs. Stewart did not convince Jack. I had prattled about coming to spend the night with her because I owed her a long visit, and it was so far from my home to hera. The excuse satisfied Mrs. Stewart, but Jack

knew better. I could see it in his eye. "This is, indeed, a surprise," he said cordially, holding out his hand to me. "I did not hope to see you again before I sailed."

It seemed unbelievable that I should meet Jack here, after conquering my wish to go to bid him good-by.

Mrs. Stewart beamed upon us both, Jack was a great favorite of hers, and I knew she was very fond of me. For some queer reason of her own she had never liked Dicky. He had come into my lire after my mother had died, and Jack had gone to South America. Mrs. Stewart had been everything that was tender and considerate in the days following my mother's death, but she had made no pretense of taking the large har heart as she had Jack.

consider well the object of your well-in-

Lloyd George was dining out one eve

The thing soon began to burn and

CORRECT BEAUTY CULTURE

TT HAS been proved in many instances | keeping your arms tensely clasped, and re

that the physical being, no matter how peat seven or eight times. I that the physical being, no matter unattractive it may be, will respond to syst unattractive it may be, will respond to syst tematic exercise, while beauty of the most tematic exercise, while beauty of the most radiant type will soon begin to fade unless radiant type will soon begin to taken daily, full length. Throw the head back slowly, full length. Place the small pillow under your shoul-At the same time bend your right knee and bring your right leg high enough so that the sole of the right foot rests flat on the bed. Return your leg to its original position and repeat the movement with the left one. This contraction and relaxation is an excellent all-round exercise. Make sure that the windows are wide

Solving the Problem of an Up-to-the-Instant Blouse

inch in width.

open and the room filled with fresh air while you are exercising. After you have completed this series of exercises relax your entire body for a min-ute or two. Then jump out of bed, wrap

yourself in a warm dressing gown, and standing before the open window, breathe deeply. Inflate the lungs to their greatest when household or business duties prevent you from devoting any portion of the day to your personal use, you will have to follow a series of exercises before retiring.

The movements described below are the ple and "work ith."

The movements described below are the ple and "work ith."

The movements described below are the ple and "work ith."

Stretch work ith.

ing your elbows stiff. Place the left foot one pace forward and sideways. Slowly bend over the extended knee and touch the ground well in front of the toes. Repeat the movement three times, then change to the other foot.

Lie flat upon the floor, facing the ceiling. Press your hands firmly to your hips and lift your feet slowly over your head by heaving your body up until your toes touch the ground. Repeat ten times. When exercising at night reverse the or-

der of the movements. Begin by breathing deeply before the open window, followed by the stimulating exercises. Complete the series with the bed exercises.

Do not start out by being too strenuous when exercising. It is better to be slow and easy, as fatigue and soreness are apt to be the result and should not be aggrapress back, against your arms, using them as a resisting force. Follow this movement by turning the head from left to right, still vated by overdoing things in the beginning.

would be little work to do on the blouse

decided to make turned-back cuffs of

mbroidered voile to correspond with the

collar and the chemisette. It was a sim-ple matter to get the design from the col-

ar, and as the work went fast, I had the

ouffs embroidered in a day. They form a point on the outside of the sleeves, and

have finely scalloped edges buttonhole stitched to match the collar and blouse

Mother adjusted the sleeves into the

nother fitted the blouse on me

set beautifully on the arms.

"gap" in my wardrobe.

orrt. Mother Mrs. Spaulding, (Copyright.)

him is second nature to me.

husband?

The question was quick and sharp. 1 nodded You showed him my letter? Of course,

"How serious is the quarrel? I see you have a bag with you."

I saw Jack's fists clench, and into his eyes there flashed a queer light. I knew what it was. Before he knew I was married he had told me of his long secret love.

This thought appealed to me, so I bought the chemisette.

Then I carefully hand-tucked the sections Another moment, however, and he was

to be used for the front and back of the waist, making groups of narrow tucks, and "My poor child," he said tenderly, "I ordered each group with a tuck a hall

I ripped the collar from the chemisette and stitched the halves of the front to the shoulder and underarm seams together, and After the seams were permanently stitched I made the sleeves. They are of the bishands of tucked voile,

hotly, and could have bitten my tongue out for the words the next moment.

Jack drew a long breath. "Did he think you were going to see me?"

"I believe he had that idea yes."
"Is he the sort of a man who always says what he means or does he say outrageous things when he is angry that he does not mean in the least?"
"He, has a most ungovernable temper, but he gets over the attacks quickly, and I know he doesn't mean all he says."
"That settles it." Jack sprang up and, going to a stand in the corner, took his hat and coat and stick.
"What are you going to do, Jack?" I gasped. armholes and sewed them in place. They have scarcely any fullness at the top, and I made the neckline rather low and sinted to fit the collar, which I stitched

in place, using a narrow bias strip of sheer linen to give a little firmness, as the voile is flimsy and inclined to stretch a am going to find your husband and After pressing the wrinkles from the

blouse I tried it on and it was perfect. There is nothing startling or elaborate about it.—It's just simple and dainty, and will launder heautifully. The cost was

a third of what I paid for my worn-out blouse, and while it is not quite as hand-some as the old one it at least fills the Dad and I are going on a "lark" this afternoon. First we're to have lunch at the club and then go to the Symphony con-

He hesitated for a long moment, then

He hesitated for a long momen.

stooped closer to me.

'This may be a caddish thing to do but it is borne in upon me that I ought to tell you this before I go. I hope the settling of this quarrel will be the beginning of a happier life for you. But if things should ever get really unbearable in your life, had enough for divorce, I mean, remember that the dearest wish of my life would be fulfilled if I could call you wife. Good-by, Margaret, God bless and keep you." God bless and keep you."
I felt the touch of his lips against my

Then he released me and went quickly out

(Copyright.)



Or do you have to apologize for its unsightly appearance?

Fleck Plumbing Fixtures and an air of quiet luxury to any home. Their beauty of design and finish are in keeping with the most elegated as surroundings—their quality or which are the large to the last cost. Belect Fleck Fixtures now and solve your plumbing problems for life.

The women instructors of the United Gas Improvement Company, some twenty-

cert. Mother is spending the day

five in number, are to have cooking school sessions, conducted by the chief instructor. Mrs. L. M. Ludlum, once a week for the next two months. In this school they will work out and solve the many peculiar problems that are put up to them by the house wives whom they visit on their daily rounds. These women instructors, all practical housekeepers themselves, cover the city by

districts, and their special work is to instruct all housewives who use gas ranges in the most economical and satisfactory use of gas for cooking and baking. In the course of their work they are

often called upon to demonstrate the actual processes of baking bread or cake, broiling chops, roasting meats and using the "leftovers" in such a way as to get all the nourishment and value from the food. The work of such an instructor demands not only practical every-day experience and knowledge of domestic problems, but it calls for a big heart and deep sympathy with human nature. Often the instructor is made the confident of the housewife in her family affairs and she must be a woman who sees much, hears much and says noth-

ting.

The daily reports of the instructors as they come in reflect many stories of happiness and trouble which some one with the ability of an O. Henry could put into

Russian Dressing

"It is a glad surprise for me, too." could not meet his eyes.

three served up here in my sitting room. I don't feel like seeing the boarders tonight,

had forgotten it completely.

behind her. hind her. , "She's the same dear old bustler, isn't she?" I tried to make my voice nonchalant

Jack came over to my side What is the matter. Margaret?" he said tensely.
"Nothing at all." I told the falsehood gallantly, but it did not convince Jack.
"You can't make me believe that, Margaret," he said gravely. "I know you too

well. Tell me, have you quarreled with your

Jack has played the elder brother role to me for so long that the habit of obedience to

wished you to do so."

"It depends upon my husband's attitude how serious it is." I replied. "He made an issue of my not doing something which I felt I must do. Then he lost his temper and said things which, if they are to be repeated, will keep me away forever."

I saw Jack's fists cleach and into he

In my "mind's eye" I saw that it would form a vest-like front joined to tucked sections of the voile, and since there was a deep sailor collar to the chemisette there for me. That he was fighting the tempta-tion to let the breach between Dicky and me widen, I knew as well as if he had told me.

master of himself again.
"Sit down," he commanded tersely, and
when I had obeyed he drew a chair close

cannot judge this quarrel. But I am afraid in this marriage game you will learn that there must be a lot of giving up on both sides. Now I know you to be absolutely truthful. Tell me, is there any possibility that the overtures for a reconciliation ought to come from you?"

"He told me that if I went out of the loor I must go out of it for good." I said

"IF I LIVE-" "I believe he had that idea, yes."

send him after you." he said sternly.
"Jack, you mustn't." I said wildly,
"But I must," he returned firmly. "You
have quarreled over me. I could not cross
the water leaving you in an unsettled con-

He came swiftly to my side and took my hands firmly in his.

"Margaret, remember this, if I die or live, all I am and all I have is at your service. If I die there will be enough, thank heaven, to make you independent of any one. If I

School Themselves

(CONTINUED MONDAY.)



Treck Bros.Co. 4-40-40 and so North

but she had made no pretense of taking Dicky into her heart as she had Jack. "It seems like old times to see you two together," she said contentedly. "I'll just go down and arrange to have supper for us

and I know you don't.
"I am afraid I won't be able to stay for
supper, Mrs. Stewart." Jack said gently.
"Why, Jack Bickett!" Mrs. Stewart's eyes why, Jack Bickett, are, Stewart's eyes were round with amazement. "You told me when you came in that you would."
"I know," apologetically, "but I have just recollected something that must be done. I

had forgotten it completely."
"Nonsense." Mrs. Stewart returned imperiously. "If you must go, we'll just have supper a bit earlier, that's all. You two always had healthy appetites. I'll wager you are hungry this minute, and I know I could stand a snack of something. I'll go down and stir those lagy girls up, and supdown and stir those lazy girls up, and sup-per will be up here before you get through saying 'how-do-you-do'!' properly."

She hurried out of the door, closing it

"DID HE THINK-?"